



JR. LIFEGUARD - BASICS

Jr. Lifeguards fosters human development & provides recreational experiences

An introduction course designed to physically train and mentally prepare young adults for the demanding job of lifeguarding. Throughout the program participants will be introduced to a leadership course to teach good decision making, work ethic, professionalism and develop characteristics such as responsibility, and teamwork. Participants will be introduced to First Aid/CPR as well as injury prevention. Participants will also focus on the physical aspects of what it takes to be a lifeguard. Activities include physical fitness exercises in the pool, water based rescues, and First Aid and CPR training.



Camp Details

Ages: 12-15

Prerequisite: All participants must be able to swim at least 25 yards prior to the start of Junior Guards.

Fees: \$200 (R/GO)/\$250 (N)



San Ramon Olympic Pool

<u>DAY</u>	<u>TIMES</u>	<u>DATES</u>	<u>Act. #</u>
Mon-Thu	1:00 pm - 4:00 pm	6/23 - 7/17	89818
Mon-Thu	1:00 pm - 4:00 pm	7/21 - 8/14	89819

Dougherty Valley Aquatic Center

<u>DAY</u>	<u>TIMES</u>	<u>DATES</u>	<u>Act. #</u>
Mon-Thu	1:00pm - 4:00pm	6/23 - 7/17	89820

How to Register

1. Online Registration at www.sanramonrecguide.com
2. Mail-In, Walk in or Drop-Off a registration form to 9900 Broadmoor Dr., San Ramon, CA 94583
3. Fax registration to 925-828-3427

For more information please call the San Ramon Olympic Pool at 925-973-3240.



SAN RAMON PARKS & COMMUNITY SERVICES

Creating Community through People, Parks, Partnerships & Programs

(925) 973-3200

www.SanRamon.ca.gov

Fax (925) 830-5162